



**Fancy something
new to help you
forget stress!**

**No one is put
on the spot!**

When: every Thursday starting 30th of July

Time: 2.30 - 3.00pm

Where: Zoom

**Teacher: John Hipkiss
(Laughing John)**

**05
SESSIONS
(LAST
SESSION
ON 27
AUGUST
2020)**

Please click here to register and book your
place!! or just call 0781 348 5607

<https://app.upshot.org.uk/signup/be794aa2/>



<https://localgiving.org/donation/womens-association-for-network-and-development-wand-uk>

WAND UK – Women's Association for Networking & Development

St Charles Centre for Health and Wellbeing, Exmoor Street, London W10 6DZ

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Visit us at www.wanduk.org.

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